Welcome to the Neighborhood

The Groton Council on Aging is pleased to announce that we have officially become a neighborhood through Groton Local’s Neighborhood Food Project. Groton Local is a non-profit organization dedicated to reducing energy consumption, promoting local food and economy, and striving to ensure sustainability for future generations and within these parameters they have established the Neighborhood Food Project. The intent of the project is to help Loaves and Fishes have a steady supply of nutritious food throughout each season.

Within Groton there are 15 Food Project neighborhoods and we, the COA, have become one of them. Some of the neighborhoods are actually ones but others, such and ours and town hall, are virtual ones. To begin we will have our bright green bags in the lobby and accept your donations when you come to the senior center. Every other month those bags will be delivered to Loaves and Fishes and then we will fill them again! As we grow, we will encourage those interested to take a bag home with them, make contributions to your bag and then on the assigned date, a neighborhood coordinator will pick up your bag, leave you a new one, and make the delivery to Loaves and Fishes. This process ensures the pantry will have plenty of food throughout the year, not simply through the holiday season when the majority of donations are received.

Modeled after the Ashland Food Project in Ashland Oregon, the success of the Groton Neighborhood Food Project has been extraordinary. Last month they collected 747 pounds of food! We are excited to be part of their success! Please remember the Neighborhood Food Project when you do your grocery shopping and if you would like to have a bag of your own to fill please call the senior center.

Kathy
I hope you’re all enjoying the beautiful weather!

Some of you may not know about the Massachusetts Senior Legal Helpline 1-866-778-0939. The Helpline provides FREE legal information, advice, and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law, including:

- Social Security/SSI
- Veterans Benefits
- Powers of Attorney
- Mass Health
- Medicare
- Consumer issues
- Landlord/Tenant
- Public Benefits
- Guardianship
- Nursing Home
- Foreclosures
- Bankruptcies
- Evictions
- Family
- Unemployment
- Utilities

If you get the voicemail, please leave your name, telephone number and the town where you reside, and they will return your call within 2 business days.

Just a reminder that the Farmers’ Market Coupons will be available in July. The coupons are intended for low-income Groton seniors. If you are interested in receiving them, please give me a call to put your name on the list. The coupons are limited.

Stacey

Notice to Medicare Subscribers

Medicare subscribers may appeal decisions you disagree with, but all steps in the appeal process have specific time frames and other requirements. You must pay close attention to the time limits for appeals!

Some appealable situations are:
- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

The Medicare Advocacy Project (MAP) provides free advice, assistance with appeals and legal representation. MAP can help anyone with Original Medicare or a Medicare Advantage Plan regardless of income. To reach MAP call the Massachusetts Senior Legal Helpline at 1-866-778-0939.

To understand and access Medicare benefits, call the senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

Meals On Wheels

Would you or someone you know benefit from a home delivered meal and a daily visit from a volunteer. Meals on Wheels provides meals to seniors who need help preparing their meals and are homebound with the added benefit of a daily friendly hello.

The service can help:
1. On temporary basis if you’ve just had surgery or have been ill.
2. On a long-term basis.

Volunteers from Groton will deliver your meal between 11:30am and 12:30pm, Monday—Friday (except for holidays).

For more information, please call the COA Outreach Director, Stacey Shepard Jones, 978-448-1170.

Veterans

Are you a military veteran or do you have a friend or relative who is a veteran? In the past the Defense Department provided a bugler to perform Taps at a veteran’s funeral, but budget cuts have made this no longer possible. A few years ago a veteran of the US Marine Corps, Tom Day of Illinois, founded a charitable organization to perform this duty. His organization is called Bugles Across America. The organization has hundreds of volunteers in the United States and in other countries. If you are a veteran make your wishes known to your loved ones. A volunteer bugler may be requested by completing a short form on www.buglesacrossamerica.org. The service is free.

Are you a military veteran or do you have a friend or relative who is a veteran? In the past the Defense Department provided a bugler to perform Taps at a veteran’s funeral, but budget cuts have made this no longer possible. A few years ago a veteran of the US Marine Corps, Tom Day of Illinois, founded a charitable organization to perform this duty. His organization is called Bugles Across America. The organization has hundreds of volunteers in the United States and in other countries. If you are a veteran make your wishes known to your loved ones. A volunteer bugler may be requested by completing a short form on www.buglesacrossamerica.org. The service is free.
Learn about Mozart, his life and his music and then join us for a superb afternoon at Tanglewood for the All Mozart concert.

Monday, July 6  10:00am
Enjoy the 1985 movie Amadeus
The incredible story of Wolfgang Amadeus Mozart, told by his peer and secret rival Antonio Salieri from his confinement in an insane asylum.

Monday July 13  10:00am
From the BBC Great Composer Series: Mozart
"It's retrospectively that we've constructed this myth of this amazing angel with a supernatural talent, who then was taken away from us too soon."
The above quotation comes from the beginning of this documentary that presents the life and works of whom many consider to be the greatest composer who ever lived, Wolfgang Amadeus Mozart (1756 to 1791). Besides learning about the man behind the music we also get to hear, through actual performances, beautiful extracts of his music.

Monday, July 20  10:00am
Dissecting the Symphonies
We will review the Mozart pieces for the upcoming Tanglewood Concert: Symphonies No. 39, 40 and 41, Jupiter. Instructor TBD

A Sunday Afternoon at Tanglewood
Boston Symphony Orchestra
All Mozart Program
Sunday July 26
Cost: $72 for seniors  $97 for non seniors
Includes: transportation, ticket, dinner and driver’s gratuity
We will depart from the senior center at 10:00am with a lunch stop on your own on the Mass Pike. While in transit Groton resident and previous symphony chorus member John Murphy will share the history of Tanglewood then once we arrive you will have a few hours to peruse the beautiful grounds and find your seat in the Shed. Following the concert we will stop for a lovely dinner (TBD) and then make our way home arriving at approximately 9:00pm.

Sponsored by Friends of the Groton Elders

December 29, 2015 – January 2, 2016,
CALIFORNIA NEW YEAR’S GETAWAY
featuring the Tournament of Roses Parade, highlights include Float Viewing, Bandfest, New Year’s Eve Party, Tournament of Roses Parade. $2399 pp double occupancy.  $250 deposit with reservation by July 18, 2015.

See fliers at the senior center for details.

As always, transportation is provided from Groton to Logan Airport, roundtrip. You may receive additional information or clarification by calling Nyola at 978-692-8608 or email nyolav@verizon.net.
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Please note our new Trip Policies

- Due to the popularity of the day trips they will go on sale to Groton residents 2 weeks prior to non-residents.
- Please note the on-sale dates listed with each trip.
- We ask for payment one month prior. Refunds will be given if money has not been paid to vendors, if we can fill your seat from the waiting list and if we have to cancel.
- Registrations are open until all seats are filled.
- Minimum of 10 participants per trip and maximum 14.

Day Trips with Curmudgeon Jay Darrin

Boston Duck Boats
Monday, September 14
Depart the senior center 8am and return 3:30pm
Cost: $47

Following the 90 minute cruise on the Duck Boats we will head to Quincy Market for lunch on your own and some shopping!
On sale:
Groton Residents: Wednesday, July 1
Non-Residents: Wednesday, July 15

Castle-in-the Clouds
Friday, October 23
Depart from the senior center 9am and return 4:30pm.
Cost $54

After a scenic ride above Lake Winnipesaukee we’ll enjoy lunch at Castle’s Gate House Restaurant. Following lunch we’ll tour the Castle and time permitting, we’ll stop at the Moultonborough Country Store on our way home.
On sale:
Groton Residents: Wednesday, July 1
Non-Residents: Wednesday, July 15

Coming in December
Christmas at Blithewold Mansion
Bristol, RI
On sale:
Groton Residents: Wednesday, September 30
Non-Residents: Wednesday, October 14

WE JUST WANT TO SAY...
THANK YOU!

On behalf of the Groton seniors and COA staff we thank the Groton Police Department for Police Picnic held on June 10th. As usual it was a fabulous afternoon with juicy burgers, and incredible prizes! Thank you so much for all your time and energy!

We also want to thank the following businesses for their generous donations which help make the event extraordinary!

Andy’s Auto
Anytime Fitness
Blackbird Café
Clover Farm General Store
Community Chiropractic
Country Farms
Country Village Yarn Shop
Craven’s Package Store
CVS
Donelan’s Supermarkets
Dunkin’s Donuts
Filho’s Cucina
Groton Center Farms
Groton Collision Repair
Groton Exchange
Groton Fire Department/EMS
Groton House of Pizza
Groton Pool & Golf Center
Groton Veterinary Hospital
Hollingsworth & Vose
Kazanjian’s Groton Nursery
Lavender
Lawrence Academy
MacGregor Electric
Middlesex Savings Bank
Moison Ace Hardware
Murphy Insurance Company
Murphy Plumbing & Heating
North Middlesex Savings Bank
R.C. Black Company, Inc.
The Main House
Workers’ Credit Union
Creative Creations
Please register by calling the senior center

Tuesday, July 21 10:00am
Flower Picture and Stamping
Cost: none
Through the generosity of a donor we have hundreds of stamps, stamp pads and some amazing markers. They will all be available for card making and experimentation!

Tuesdays, Sept 8, Oct 13 & Nov 3
10:00am
Scrapbook 2016 Calendar
Cost: $5
(class size is limited please sign up early)

A project unique enough to give as a gift or treasure for yourself. Each session we will create 4 months of a calendar using professional scrapbooking techniques. In the end you will take home an 11x17 2016 calender.

Pizza and a Flick
Please reserve your seat by calling the center or stop in
Sponsored by Right at Home

Wednesday, July 8 12:00pm
“Selma”
A chronicle of Martin Luther King’s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

Wednesday, August 5 12:00pm
“The Best Exotic Marigold Hotel”
A small group of British retirees learn that the life they want to live might not be the life they need to live after pooling their resources to spend their twilight years in a unique setting located in India. But just when it starts to seem that the privileged seniors have been swindled out of their life savings, they summon the courage to sever their ties to the past, and embrace their new life with a sense of wonder and adventure. Tom Wilkinson, Maggie Smith, Judi Dench, Bill Nighy, and Dev Patel star in this uplifting comedy-drama

Wednesday, August 12 12:00pm
“The Second Best Exotic Marigold Hotel”
The 2015 Sequel to last week’s movie!

Hot dogs for lunch this week!

Special Events
Please make your reservation by calling the center, 978-448-1170

Celebrate the 4th!
July 1 12:00pm
Cost: None

Through the generosity of Groton residents Ebi and Deserie Masalehdan we will be treated to a holiday BBQ complete with Chicken Kabobs, salads and cake for dessert. Following lunch relax and enjoy the music of former Groton COA Outreach Director Debbie Thompson and Bob Wright of the Main Street Café with their band, Back to the Garden.

Please make your reservation by Friday, 6/26

Concert
The Glen Mill Orchestra

Friday, July 10
NARA Park Amphitheater
Acton
Cost: $10.00
The concert begins at 7pm however we will depart the senior center in our vans at 5:30pm to get seating. Food vendors are available, coolers are not permitted.
It is an outdoor venue with no seating so bring a folding chair!
Payment is needed at registration.
In the event the concert is cancelled due to weather, the tickets are non-refundable but would be honored at future events at the amphitheater

Book Club

July 8
2nd Wednesday 9:00 AM
Each month read along with the group then meet the 2nd Wednesday to share your thoughts and listen to those of the other group members.
HELP PROTECT YOUR FAMILY
Installing a Security System may qualify you for a discount on your Homeowners Insurance
CALL NOW! 1-888-862-6429

Aleta Manugian
Attorney at Law
Real Estate
Wills and Trusts
Elder and Estate Planning
112b Boston Road
Groton, Massachusetts 01450
aleta@manugianlaw.com
978.448.8800
978.448.8801 fax

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**Transportation Information**

**Lahey, Mass General, Brigham and Women’s, Dana Farber, Emerson Hospital, Boston VA and Bedford VA**

**NEW**

**Serving outlying Medical services**

**Boston, Concord, Burlington, and the VA**

This service is also open to residents in surrounding towns, however the van will leave from the Groton Senior Center for non-residents.

**Tuesdays:** Serving **Boston area hospitals:**

Mass General, Dana Farber, Brigham & Women’s, Boston VA

Please make your appointments between the hours of 11am and 1pm.

**Thursdays:** Serving **Emerson, Lahey and Bedford VA**

Please make your appointments between the hours of 10am and 2pm.

**Round Trip Fees:** Boston $15, Emerson $5, others $10

No charge for the Va

*This is a new service with policies subject to change. Please call if you absolutely cannot get an appointment within the requested hours and we will do our best to accommodate you.*

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## Local Trips

**within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton**

**Medical**

**Social**

**Shopping**

**Mondays, Tuesdays, and Thursdays:** Appointments begin 9am and must be completed by 2:30pm.

**Wednesdays:** Visit to Loaves and Fishes (no charge for this) and appointments beginning 10:30am and must be completed by 2:30pm.

**Fridays:** Special shopping trips and senior center activities

**Friday Special Shopping:** 9:00 AM - 1:00 PM

1st Friday: Shopping on DW Highway, Nashua

2nd Friday: Shopping in Lunenburg: Wal-Mart

3rd Friday: Westford Market Basket Plaza

4th Friday: Trips around Christmas Tree Shop, Nashua

**Round Trip Fees:**

- **Trips to Senior Center no charge**
- In-Town $3.00  12 Ride Voucher $30
- Out-of-Town $4.00  12 Ride Voucher $40

Reservations for all COA Van rides must be made using the COA Van line, 978-448-1141.

Reservations will not be accepted on the general phone line. Please leave a message with name, phone number, time of appointment and location. Staff will return your call by the end of the workday. Reservations are filled on a first come, first serve basis. **When you make your reservation please let staff know if you are transported by a wheelchair.**

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**Cultural Excursion**

transportation on the COA van

**Tower Hill Botanical Gardens**

Boylston, MA

Friday, July 31

Depart from the center 10am  Cost : $9.00

Tower Hill Botanic Garden is New England’s year-round botanic garden, a living museum of plants exquisite in every season. Several distinctive gardens arrange plants according to an overall Master Plan, that includes a Lawn Garden, Secret Garden, Systematic Garden, Cottage & Vegetable Garden, Wildlife Refuge Pond, Winter Garden, and more.

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**Health and Wellness**

Please register by calling the center or stop in and register at the front desk.

**Ask the Nurse**

2nd Thursday of each month

**Thursday, July 9**  11:30 - 1 PM

Sharon Fata, R.N. Town of Groton nurse will be on hand to check your blood pressure, or simply answer your questions. Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice

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**Hearing Screenings**

Friday, July 10

2nd Friday of each month  11:15am-1pm

By Appointment

Christopher Streeter, hearing specialist, will conduct free hearing screenings and hearing aid cleanings. Please be sure to make an appointment.

---

**Strength Training**

Summer hours 10am M,W and Fri

Cost: none during the summer

Elaine Corsetti, our instructor takes the summer off and thoughtfully leaves us with a great DVD to maintain our program. Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

---

**Yoga**

Supported by the Friends of Groton Elders.

Thursdays, 10:00 - 11:00 AM

Cost: $3.00 per class

A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.